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OTTAWA • TUESDAY, MAY 12, 2009 metronews.ca



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Gun, ammo, stash of drugs seized in home

RAID The Ottawa police drug unit seized drugs, a sawed-off shotgun and ammunition after executing a search warrant at an Orleans home late last week.

Police said yesterday that during an ongoing investigation, drug unit officers identified an Orleans home as a location where they believed drugs such as cannabis marijuana and psilocybin (magic mushrooms) were being kept and stored for the purpose of trafficking.

On Friday, they executed a search of a home on Jeanne D'Arc Boulevard, where they seized drugs with a street value of \$13,000, a sawed off 12-gauge shotgun and ammunition.

Police arrested three people, including two young persons and one adult.

Colby Watts, 25, of Ottawa, faces drug and firearms offences.

METRO OTTAWA

Sunny Side

Follow Metro's SunnySide initiative as we help you find the good news around Ottawa and Canada. This is also a Call to Action for you to send us your suggestions at ottawaletters@metronews.ca, metronews.ca or on Twitter @metroottawa.

Today

- City woman's fitness story wins TV slot, pg 2
- Meeting of the minds coming to Ottawa, pg 2
- Lawrence Martin's National Report, pg 6

This Week

- Paul Sullivan's The West View Contest

Tell us your favourite thing about Ottawa and you could win a Sony Blu-ray player and Blu-ray library. Visit metronews.ca to enter.



Former mayoral candidate Terry Kilrea is pictured during a break in hearings outside the Ottawa courthouse yesterday. Kilrea is testifying at the trial of Mayor Larry O'Brien, charged with two counts of influence peddling stemming from the 2006 mayoral race.

Tories wanted one candidate out: Kilrea

Testimony claims O'Brien suggested 'business arrangement'

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

When Larry O'Brien and Terry Kilrea met on July 12, some "very prominent" Conservatives supporting O'Brien wanted them to come to a "business arrangement" so that only one of them would be running for mayor, Kilrea said in court yesterday.

Kilrea is the first witness for the prosecution in the O'Brien trial. The charges against O'Brien stem from Kilrea's allegations that O'Brien offered to help get Kilrea an appointment with the National Parole Board, in exchange for dropping out of the 2006 mayoral race.

In the examination from Crown attorney Scott

"He wanted to be a player around town, to be the mayor. Someone with power and influence."

Defence attorney Michael Edelson, quoting MP John Baird's testimony to OPP on Kilrea

Hutchison, Kilrea recounted his version of the events that transpired between July 10 and Aug. 10, 2006.

According to Kilrea's testimony, he met O'Brien at around 10 a.m. on July 12 on the patio of the restaurant at 700 Sussex Dr.

Kilrea said O'Brien told him that since they were both Conservative candidates, only one of them could win the race and they should come to a "business arrangement" so Kilrea didn't get hurt.

"He said, this meeting is a courtesy," said Kilrea.

According to Kilrea,

O'Brien then said he could arrange better employment, and Kilrea replied that the only thing he would be interested in is the National Parole Board.

Kilrea said he was referred to Ottawa-West Nepean MP John Baird, then Secretary of the Treasury Board, although Kilrea said they never discussed the appointment.

The cross-examination from defence attorney Michael Edelson has not yet touched on the specifics relating to the 2006 municipal election.

Instead, Edelson focused

on Kilrea's "overly active" history as a candidate.

Kilrea initially registered to run for a council seat in Kanata in the 2003 election before entering the mayoral race in August. In 2004, Kilrea attempted to become the federal Conservative candidate in Ottawa South. In 2006, Kilrea registered for the mayoral race, before dropping out to run in Bay ward.

"He wanted to be a player around town, to be the mayor. Someone with some power and influence," said Edelson, quoting Baird's testimony to the OPP about Kilrea. "You don't agree that your life was preoccupied between 2003 and 2006 with raising your public profile in this community?"

"That's not me," Kilrea answered.

Residents to protest for 'responsible' expansion

TRACEY TONG
tracey.tong@metronews.ca

While officials deliver Ottawa's new official plan, a group of residents will hold a demonstration outside city hall today to urge decisionmakers to grow the capital in a responsible manner.

City staff have proposed adding 850 hectares to the city's urban boundary, and members of the Coalition for a Sustainable Ottawa are asking council to hold the line on the urban boundary, said rally organizer Will Murray.

"We hope the City of Ottawa knows that the residents want the city grown in a responsible manner within the set urban boundary," said Murray.

The city subsidizes urban sprawl, said Murray. It's more expensive to provide services across a wider area because the city has to put in new sewage and infrastructure, he said.

In terms of transportation, "a transit system that has to cover a greater area is going to be a less efficient service," he said. "It will encourage people to get back into their cars."

Building outside the urban boundary also makes it harder to deliver social services people require, Murray said.

So far, city councillors Alex Cullen, Peggy Feltmate, Diane Holmes and Clive Doucet, said they will attend. Speakers include representatives from the Sierra Club of Canada, the Glebe Community Association, Ecology Ottawa and Services for New Canadians.

The rally begins at the Human Rights Monument at noon.

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Public location sites for police explosives disposal training

Ottawa police will be conducting explosives disposal training at several public locations throughout Ottawa this Thursday and Friday. There will not be any live explosives used, and signs will be posted to inform the public to stay clear to protect the integrity of the scenario. **METRO OTTAWA**

3

Local

ON AIR

Wanna be a sportscaster?

Gillette and The Score are embarking on a Canada-wide search to give the nation's best undiscovered sportscaster his or her big break. The winner of **Gillette DRAFTED: The Search for Canada's Next Sportscaster** will be awarded a contract with Score Media as a multi-platform sportscaster and be featured in a reality series. Participants can register online at drafted.ca or during the live audition in Ottawa on May 31. **METRO OTTAWA**

Joania's 'amazing' journey

City woman's fitness story chosen for ParticipACTION slots

TRACEY TONG

tracey.tong@metronews.ca

**All her life, Joania Burnett has struggled with her weight.**

For years, the Orleans resident simply lived with it — "my whole family on my mom's side is overweight," she said — until the real impact of it hit her last fall.

She took her two-year-old son, Malcolm, to the park, and couldn't keep up. That's when the 35-year-old federal employee decided that enough was enough.

She called a personal trainer friend, who put together a fitness program for her.

Since December, Burnett "has gone from one end of the spectrum to the other," she said. "I used to do nothing but sit on my butt after work. I wasn't active at all." Last year, she carried 258 pounds on her five-foot-five frame; today, she's halfway to her goal, having already lost 50 pounds.

"It's amazing," she said. "I breathe with ease and run around with my son. I have much more energy. I sleep better."

One would think that

Sunny Side

was the icing on the cake, but not for Burnett.

With the goal of helping others realize their goals, Burnett had started a fitness blog. Before long, her friends were encouraging her to send her story to ParticipACTION, which asked Canadians to share their personal stories about getting physically active, so they can inspire others to do the same.

Burnett was "stunned" when her story was chosen as one of five to be turned into national commercials. Joania's Journey aired for the first time yesterday.

"I was really excited," said Burnett, who does the voiceover for her animated character in the commercial. "When I was a kid, I used to watch Hal (Johnson) and Joanne (McLeod)."

"We poured through a thousand stories that would inspire the average Canadian to get active," said ParticipACTION president and CEO Kelly Murumets. "Most Canadians will be able to relate to one or more of the five stories," she said.

Burnett continues to work towards her goals,



Ottawa resident Joania Burnett, who won over ParticipACTION with her fitness success story, will be one of five Canadians featured in a series of commercials to run countrywide.

which she shares in the commercial.

"I'm working towards a 5K run and I want to play with (my) son as much as

he wants to play, and wear whatever type of swimsuit I want," she told Metro Ottawa.

Great thinkers meet in Ottawa thru May

TRACEY TONG

tracey.tong@metronews.ca

**Sunny Side**

Over the next few weeks, thousands of scholars and researchers will descend upon Ottawa for not one, but two of the biggest academic events in Canada, prompting the city to declare the national capital as Canada's knowledge destination during the month of May.

Acting Mayor Michel Bellemare proclaimed May, 2009 as the month for the city to be Canada's knowledge destination, just as the Association francophone pour le savoir (Acfas) kicked off at uOttawa yesterday.

More than 5,000 lecturers from over 30 countries are expected to attend the 77th annual Acfas conference, which is the biggest Francophone and interdisciplinary event in the world, said Acfas president Pierre Noreau.

The event will allow those who choose to work and disseminate in French to share their ideas, he said.

"Having a better understanding of society and the surrounding world is essential to the future of our communities," he said.

In less than two weeks' time, Carleton University will play host to the Canadian Federation for the Humanities and Social Sciences.

From May 23 to 31, Carleton will host more than 8,000 scholars at the largest multidisciplinary gathering in North America, where some of the world's most renowned researchers will share their ideas and debate issues including international development, violence, immigration and youth issues.

In addition to benefiting tourism and putting Ottawa on the map, the conferences are "a chance to sustain the dialogue between the university research community and federal decision-makers," said president of the Canadian Federation for the Humanities and Social Sciences Nathalie Des Rosiers.



Acting Mayor Michel Bellemare yesterday proclaimed Ottawa as Canada's knowledge destination for the month of May.

metronews.ca

What's online today.

Blogs Steve Goff, the Washington Post's Soccer Insider, joins It's Called Football to discuss signs Montreal may be headed to the MLS sooner than later.

Your Money Allan Small on how the U.S. bank stress tests were just one factor in the continued market rally at metronews.ca/investing

**Lotteries**

Ontario Pick 3: 8 3 5; Ontario Pick 4: 8 7 7 8

Encore: 501 7038
Daily Keno: 2, 7, 11, 13, 15, 20, 26, 27, 30, 31, 33, 39, 49, 51, 55, 56, 57, 59, 63, 66.
These results are not official.



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Group seeks living wage for city

PROPOSAL Ottawa could be the first Canadian city to champion a living wage floor for city employees.

A local organization that is spearheading a living wage increase, the Association of Community Organizations for Reform Now, will host an information luncheon at city hall this Thursday, with the support of councillors Alex Cullen and Peggy Feltmate and NDP MP Paul Dewar.

"We hope to make people aware that public dollars should not be subsidizing

Initiative

• While Ottawa could be the first to approve such a motion, other major cities including Vancouver, Calgary, and Toronto are all exploring similar initiatives.

poverty wages," said ACORN board member Kat Fortin.

Fortin suffers from cerebral palsy, and said she is an example of someone who would greatly benefit from the proposed wage increase

to \$13.25 an hour.

"A living wage is a level of pay that allows someone working full time to earn enough to make a living while also being able to save for the future," said Fortin.

The proposed increase would mainly affect direct workers under contract at the City of Ottawa, city service contractors like janitors and landscapers, and employees of firms who receive economic assistance funds from the city. **ANDREW SZTEIN/ FOR METRO OTTAWA**

Man charged after sandwich shop robbery

INVESTIGATION A 20-year-old Ottawa man faces charges after a Subway sandwich shop was robbed Friday.

Police said yesterday that at about 9:40 p.m., two men, one armed with a handgun, entered the

Carling Avenue restaurant and demanded money. They fled on foot with an undisclosed amount of cash. There were no injuries.

Police arrested a man in the area a short time later. Police say they have

identified a second suspect and are continuing their investigation.

Police charged Brian Wellington with one count of robbery and one count of conspiracy to commit robbery.

TRACEY TONG/METRO OTTAWA

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For the second year in a row, Prince Edward Island potato growers have donated 18,000 kilograms of potatoes to a major food bank in Boston. The donation was repeated despite the loss of a significant amount of the crop to wet weather in the spring. **CBC NEWS ONLINE**

Boston foodbanks get P.E.I. help

Canada



Flood not as severe as '97: StatsCan

Although it left more than 86,000 hectares of farmland under water, this year's Red River flood failed to match the severity of the devastating flood of 1997. This spring's flood, which reached its peak on April 24, spread over 1,680 square kilometres and covered 86,400 hectares of farmland, according to a Statistics Canada report based on satellite image data.

CBC NEWS ONLINE

Canada to text Afghans

MILITARY Canada plans to boost its propaganda reach by tapping into mobile phones in Afghanistan to send text messages, run contests and drive listeners to its military-run, Pashto-language radio station.

It's a fairly crude, transparent tactic in the high-science of counterinsurgency, but the military sees it as a way to better connect with local Afghans living in a war-torn land where the cellphone is one

of the fastest growing, and only reliable, means of communication.

The capability, to be set up in this summer, will encourage Afghans to sign up for text-message alerts from defence officials and to enter military-run contests awarding prizes to locals, according to public tendering documents. It will also let Afghans send text to a radio station set up by the military.

TORSTAR NEWS SERVICE

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Actress Virginia Madsen skiing in Banff, Alta.

Actress films plight of female ski jumpers

OLYMPICS Virginia Madsen had her son in mind when she agreed to produce a documentary about women ski jumpers fighting to participate in the 2010 Olympics. "When he was a very little boy (it) delighted me that there were just as many cartoons with female super heroes as there were with male superheroes," Madsen said yesterday.

"I thought, 'Wow. Boys and girls are growing up to view each other on an equal

playing ground.'"

But when Madsen told him that female jumpers weren't allowed to compete in the Olympics, he couldn't understand why — and she couldn't justify it.

The Academy Award-nominated actress' production company Title IX is producing *Fighting Gravity*, which will follow 15 female jumpers as they fight VANOC in a lawsuit demanding they be included in 2010.

METRO CANADA

Politicians talk with protesters

Tamil rally hears from Grits, NDP

Sachin Aggarwal, deputy chief of staff to Liberal Leader Michael Ignatieff, was in Toronto visiting his mother on Mother's Day when news of the surprise Tamil protests began to emerge.

As a key player in the Liberals' outreach efforts, Aggarwal is no stranger to the demonstrators who have been raising the alarm for weeks in Toronto and Ottawa about the crisis in Sri Lanka.

Ignatieff and other Liberal MPs had met with members of the Tamil community during one of their demonstrations on Parliament Hill on April 21.

Hearing that thousands of angry protesters had taken to Toronto's streets, Aggarwal, Kunal Parmar and others on Ignatieff's staff closely monitored the situation as the day wore on.

When the protest leaders lost control of the crowd on Sunday night and demonstrators unexpected-

Meeting

• NDP Leader Jack Layton said he spoke with Prime Minister Stephen Harper yesterday morning and Harper had agreed that a senior government representative would meet with Tamil leaders.

ly surged on to the Gardiner Expressway in that city, the situation turned explosive.

Aggarwal, on phone with a representative for the protesters, read out Ignatieff's public statement on April 21. In it, the Liberal leader expressed concern about the deaths of thousands of civilians in Sri Lanka. The situation was diffused shortly after.

New Democrat Leader Jack Layton said he was also communicating by phone and email with protesters to bring the situation to a peaceful end.

TORSTAR NEWS SERVICE

Flu Outbreak: U.S. confirms more than 2,600 infected

• The death toll in Mexico from the outbreak of influenza A (H1N1), also known as swine flu, that has spread globally has risen to 56, the health ministry said yesterday, as results of tests on people who died in recent weeks came in.

• Just over two weeks since the outbreak of the swine flu, some Europeans are asking whether danger

was exaggerated, but the World Health Organization warned against complacency and said the worse could be yet to come.

• The United States now has 2,618 cases of the new swine flu across 44 states, the U.S. Centers for Disease Control and Prevention reported.

• Millions of Mexican children, many of them wearing surgical masks and

clutching hand sanitizer, went back to classes Monday after a two-week shutdown of schools due to the new flu virus.

REUTERS

• Alberta health officials say the province now has 52 cases of swine flu after a woman in Calgary, and a woman and a girl from central Alberta all tested positive.

METRO CANADA

Cops didn't carry Tasers, official says

EDMONTON A rookie officer who shot and killed a robbery suspect wasn't carrying a Taser and neither was her partner, said Edmonton's police chief yesterday.

Acting police Chief Norm Lipinski said there are no policies that force city police officers to carry Tasers and in lethal situations, using the electronic weapons would be risky. Price died in hospital.

"The Taser is not a panacea," said Lipinski. Shawn Price, 37, was shot twice Sunday morning in an Edmonton apartment during a struggle with a male officer with 10 years of experience and a female officer with one year of experience.

Police allege Price was reaching for an officer's gun when he was shot by the female cop, while a witness alleges the man's hands were up before he was shot.

METRO CANADA

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Comment

No fear in the rear-view

NationalReport

Lawrence
Martin

metronews.ca/nationalreport

“When I’m in Canada I feel this is what the world should be like” — Jane Fonda.

Well, thank you Jane. You are better remembered for other quotes, like a declaration on a certain war in Southeast Asia. But we’ll give you top marks for this one. Should all the world be just like us? Why not? Youth, beauty and a clean conscience are a hard combination to beat. And that’s

just for starters.

We’re not exactly young anymore. In the immediate galaxy, we’re one of the older nations, actually. But for some reason, Canada still feels young, new even. Writer Rupert Brooke once spoke of our “unseizable virginity.” He might have been on to something. It’s like we’re still starting out, heading off to college.

Beauty? Surely we don’t have to haul out all those numbing clichés to reassure ourselves. In terms of drop-your-jaws landscape, how many countries would dare take us on? The endless expanse, the golden Prairies, the pristine lakes, the majestic mountains (OK, I’ll stop there).

Many nations have scarred histories. They hurt from past embarrassments. Their people hesitate to look in the rear-view mirror. Not

SunnySide

Canada. Some sullied moments to be sure, but a reasonably proud past, nothing, as we move forward, that weighs heavily on the spirit.

If you thought of this country in terms of it being a person, everyone would be envious of Mr. and Mrs. Canada — their vibrant health, smashing looks, riches, vitality, friends, gorgeous home. They would say that nobody should be that lucky. They would be so jealous as to hope Mr. and Mrs. Canada had some dark, off-setting character flaw. But they’d find out that they were fair-minded, civil, anchored in common sense, victims not of ideological prejudice or religious zealotry or trigger-happy temperament.

They would see how they overcame differences and welcomed others of different languages, colours, creeds into their home and they would say, “Uck, it’s too much. They must have bribed the Creator.”

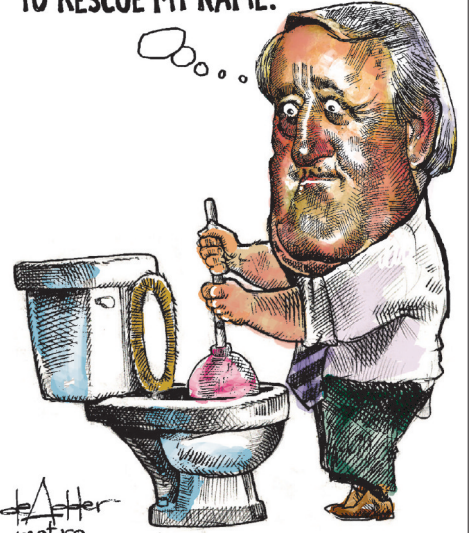
“We Canadians,” said Pierre Trudeau, “are standing on the mountaintop of human wealth, freedom and privilege.”

True enough. While there is always much to lament, the big perspective must be kept in mind. In the lottery of nations, we pulled the winning ticket.

F. Scott Fitzgerald said life is something that can be dominated if you’re any good. By that standard, ours is a country that cannot help but prevail.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

I’VE BEEN WAITING FOR THE OPPORTUNITY TO RESCUE MY NAME.



MICHAEL DI ADORNI

Views

NHL to Hamilton makes more sense than others

InBusiness

Charles
Davies

Of course Gary Bettman is negative on the idea of an NHL franchise in Hamilton. The commissioner has staked his reputation on an ill-considered expansion into U.S. markets where hockey has trouble competing with high school football.

Like George W. Bush’s invasion of Iraq, Bettman’s obsession has nothing to do with reality. Others casually dismiss Hamilton for business reasons, arguing the city’s weak economy and lack of corporate power — the kind that coughs

up buckets o’ cash for seasons’ tickets, private boxes and flagrantly overpriced food and drink — wouldn’t profitably sustain a team. Even Ron Joyce, the co-founder of Tim Hortons Inc., whose corporate headquarters are in nearby Oakville and a man who ought to know better, thinks a Hamilton franchise has but a 10 per cent chance of success.

Joyce has obviously had one Timbit too many. The business case behind Jim Balsillie’s drive to move an NHL team to Hamilton depends not on what’s in Hamilton, but what’s around it. Given that the steel industry has all but shut down,

Hamilton proper is enduring a serious recession. But remember that Balsillie’s Waterloo-based Research In Motion corporate headquarters is exactly one hour away from Hamilton’s Copps Coliseum, the putative home of his new team. If that’s the effective radius of Hamilton’s area, the team can count on support from any or, more likely, all of the following areas: Burlington, Oakville, Cambridge, Kitchener, Guelph, Waterloo, Milton, Brampton, Mississauga, St. Catharines, and even Wayne Gretzky’s hometown, Brantford.

In all, these communities and surrounding areas have more than 2.2 million people, a substantial proportion of whom are passionate hockey fans. Greater Phoenix, home of the Coyotes that Balsillie covets, has 3.8 million people, most of whom think

high sticking has something to do with flypaper.

But as wise heads point out, pro hockey franchises need big companies with money to spend. Not counting Mississauga, the communities around Hamilton boast 16 Financial Post Top 500 head offices, including two of the most viable remnants of Canada’s auto industry in the form of Ford and Toyota. If you add in Mississauga, you have another 26 or so Top 500 head offices to draw on.

To be sure, there are financial questions about a Hamilton NHL team, such as how much it would take to expand Copps Coliseum and buy off the big losers in the relocation — Toronto’s Maple Leafs and Buffalo’s Sabres. Overall viability, however, isn’t one of them.

Charles Davies is a veteran business writer and editor who has worked for news organizations and publications including Business Week, Canadian Business, Report On Business magazine, Reuters, and Financial Post.

Jim Balsillie

Letters

SunnySide

Finding something that you are passionate about is key

Re: *Sunnyside launch a blessing*

The media is finally seeing how valuable it can be in a time like this.

To add, I actually quit my job last fall to see how else I could challenge myself.

In the end, it’s not that I found a “better” job, so to speak, even if it is better, I found something that sparks my interest.

Day after day, week after week. I found something I can be passionate about and that I want to do.

There are far too many people working at half-speed, hating their jobs and not changing out of fear.

If we could all get over ourselves, be honest to ourselves and work hard towards what we want, we might be one step closer out of this recession.

Don’t expect to accomplish your dreams/passions easily — hard work is essential, and perhaps some people aren’t ready to take that on yet.

SEANNA MAGEE, TORONTO

SunnySide

Reader gives unemployment tips from own experience

Re: *Sunnyside ideas*

I want to pass along information for the recently unemployed.

What a great way to start thinking about reinventing yourself, re-evaluating and restarting your passions.

The self-employment program sponsored by Employment Insurance will actually support individuals while they figure out what it is that makes them want to get up in the morning and add spark to their days.

This program is for anyone with an idea and passion to start up their own business.

This is a great opportunity for individuals who are not happy with their work or where their lives are heading.

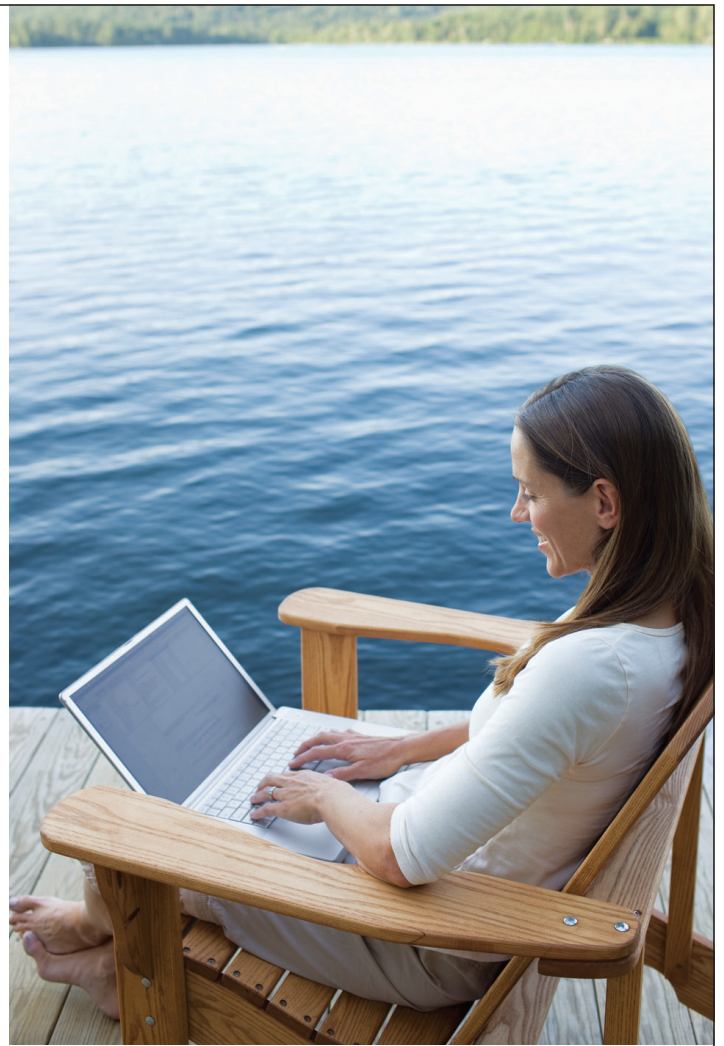
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KFC amends free chicken deal after Oprah promo
The Oprah Winfrey-fuelled free chicken give-away that caused pandemonium this week at U.S. Kentucky Fried Chicken restaurants has been amended due to what the fast-food chain called an "overwhelming response." **REUTERS**

World/Business

Lift off **Hubble mission**



Space shuttle Atlantis lifts off from Cape Canaveral yesterday on a mission to repair NASA's Hubble Telescope.

News in brief

CRIME A German man was found guilty yesterday of the murder of a British man whose girlfriend he had become obsessed with after they met on a website.

IRAQ A U.S. soldier opened fire on fellow troops at one of the main U.S. bases in Baghdad yesterday, killing five, the U.S. military said. Officials plan to lay charges today. **REUTERS**

UN had warned of 'bloodbath'

The United Nations yesterday said attacks in Sri Lanka that killed hundreds were the bloodbath it had long feared, while the Tamil Tigers and government traded blame ahead of UN Security Council talks about the war.

In the latest and largest reported assault on civilians trapped in the war zone, hundreds of people were reported killed Sunday and yesterday in artillery barrages that struck the less than five-square-kilometre strip of territory the separatist rebels control.

"We've been consistently warning against a bloodbath, and the large-scale killing of civilians including more than 100 children this

weekend appears to show that the bloodbath has become a reality," UN spokesman Gordon Weiss said.

The United Nations warned in an internal briefing document in March that civilians could be killed either by the Liberation Tigers of Tamil Eelam (LTTE) trying to manufacture a slaughter to blame the government, or in an indiscriminate military advance.

A doctor in the war zone, paid by the government but whose personal safety is at the whim of the Tigers, said at least 433 bodies had been brought to a makeshift hospital, and 1,347 people had been wounded in two days of shelling.

REUTERS

Estate battle grips Hong Kong

COURT BATTLE A legal battle over the estate of Hong Kong billionaire Nina Wang began yesterday, pitting her former lover and feng shui master against her family, who both lay claim to the vast fortune.

Wang, who died in 2007

at 69, was one of Asia's wealthiest women whose business empire has been estimated to be worth at least \$4.2 billion.

Wang's former feng shui adviser, Tony Chan, lays sole claim to the fortune based on a 2006 will. **REUTERS**

Business

Health care or groceries?

U.S. women face choice: Study

Most working-age women in the United States have too little health coverage, and often forgo needed care because of cost, U.S. researchers said yesterday.

"More families are making difficult choices between needed health care, making payments on mortgages or credit card debt, and purchasing basic necessities," said Karen Davis, president of the Commonwealth Fund, a private health policy group that conducted the research.

The Commonwealth Fund team said rising health costs hit women harder because they have lower average incomes and spend more on health care than men, and because they use the health system more often than men.

It found that 70 per cent, or 63.8 million, working-age women are uninsured,

Bigger picture

• Because the study is based on a 2007 survey, the researchers said it likely underestimates the problem because it does not account for the full impact of the current economic recession and job cuts.

underinsured, have medical bill problems or medical debt, or did not access needed care because of cost. That compared with 59 per cent, or 51.9 million, working-age men.

The team also found that 52 per cent of women were more likely to leave a prescription unfilled, skip a recommended medical test or treatment, or fail to seek needed medical care. That compared with just 39 per cent of men.

REUTERS

Nortel Q1 loss deepens

TELECOM Nortel Networks Corp., which filed for bankruptcy protection earlier this year, said yesterday its quarterly loss widened as the global recession contributed to a steep drop in revenue.

Nortel, North America's biggest maker of telephone equipment, also said it is completing plans to decentralize some functions at each of its four main businesses to give it more flexibility as it decides which divisions to sell.

The company lost \$507 million US, or \$1.02 a share, in the three months ended March 31. That compares with a loss of \$138 million, or 28 cents a share, a year earlier.

Revenue fell 37 per cent to \$1.73 billion with declines in all segments and regions, the company said.

The company blamed the drop on the weak state of the economy and its bankruptcy filing, which rattled the confidence of some customers.

REUTERS

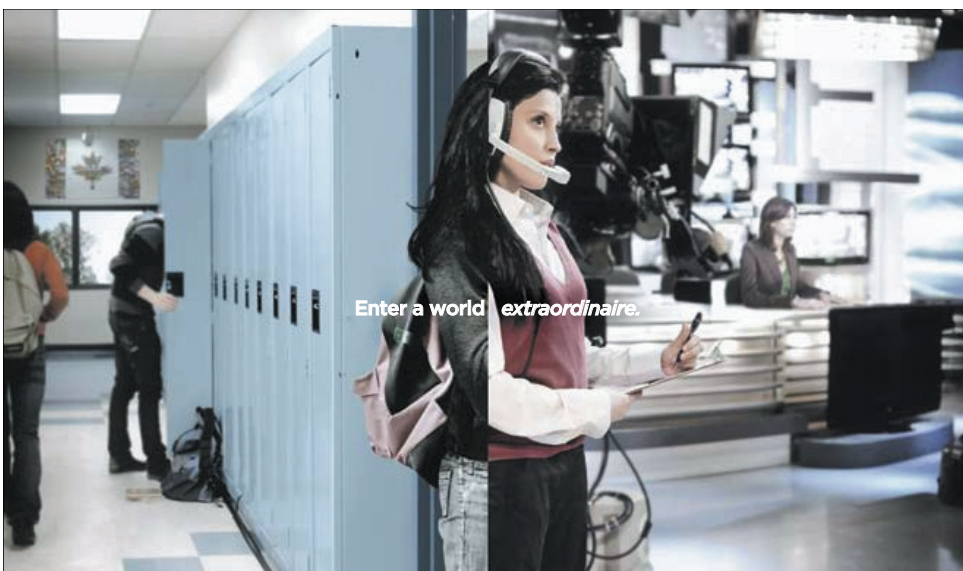
GM looks to settle Europe sale plan

AUTO General Motors Corp. said yesterday it was interested in retaining a minority stake in its restructured European operations and plans to have a framework for a deal to sell the division by the end of the month.

Italian automaker Fiat SpA, which has agreed to take a stake in Chrysler

LLC, has emerged as one of the key bidders for GM's European operations. Fiat aims to merge its car business with GM European brands Opel, Vauxhall and Saab, as well as its South American and South African operations, according to a presentation obtained by Reuters.

REUTERS



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Allan Small

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Travel insurance is top of mind these days. Whether it's your vacation, your health or your luggage, having insurance, and more importantly having the right type, is as essential as packing your passport.

Finding out what type of coverage you already have is the first step. Research the details of your homeowner's insurance and your existing health-care policy. Then contact your credit card company to find out if they offer insurance perks for situations such as lost or delayed baggage, trip cancellation or accidental death.

Trip Cancellation and Interruption Insurance

This coverage is designed to help you get

money back when you need to cancel your trip or if your tour company goes under. Base the need of this insurance on the cost of your ticket or trip. If you are flying from Vancouver to Calgary, you can likely forego it. If you are taking an expensive trip-of-a-lifetime, then buy insurance. And look for a policy that will cover you returning home early if there is a problem at your destination.

Baggage Insurance

Although airlines are liable for lost or damaged luggage, what they offer you will likely not cover what is lost. The limit for lost, delayed, or damaged baggage is \$3,000 per passenger on a domestic flight and about \$450 per bag for an international flight. If you do want extra insurance, travel experts suggest asking the counter agent for "excess valuation." This provides you with up to \$5,000 additional coverage.

Health-care Insurance

Many people make the

very big mistake of assuming that, while travelling, their medical needs will be covered by their existing health-care insurance. If you are travelling outside of your own country, check your policy. If you are not covered, be sure to purchase medical insurance. Also buy a policy that covers "medical evacuation and repatriation" insurance. In other words, if you are sick or injured while in another country, you will be treated, stabilized and then flown back to your own country.

A Final Note

Be sure to buy all of your insurance through third-party insurers rather than travel agents or cruise lines. The reason is simple — if your travel company goes bankrupt, they won't have the money to pay out the insurance.

Knowing you've covered your bases will make you a more confident traveller. Bon Voyage!

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Ontario joins harmonized tax

MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

Q Last year, I joined the ranks of the self-employed after losing my position at a company that I worked at for more than 12 years. I provided interior decorating and home accent services. When do I begin charging the new harmonized tax and how does it affect my business?

— Joanne, Ontario

A Beginning July 1, 2010, businesses must collect the combined GST and RST (Harmonized tax) on most

products and services at a rate of 13 per cent. Ontario joins several other provinces such as Newfoundland and Labrador, New Brunswick, Quebec and Nova Scotia that currently administer a harmonized tax.

Currently in Ontario, many businesses collect an eight per cent provincial sales tax on tangible personal property, excluding exempt goods and most services. The RST collected is then remitted to the province less a small commission to the business. Most businesses also collect on behalf of our federal government, five per cent GST on many goods and services but can claim an Input tax credit.

The recent Ontario budget proposes to combine both taxes (eight per cent

PST and five per cent GST) and have it administered by the federal government. For most Canadians, this will be a 13 per cent hit to the pocketbook. Next summer's real estate transactions will be hit particularly hard. To ease the hardship for individuals, the federal government will send a \$1,000 cheque to many Canadians.

Many businesses may reap benefits because of the harmonization, however individuals will not. Our government may try to convince individuals of the benefits of harmonization, but you don't have to be an accountant to figure out. "It will cost me more money at 13 per cent than at five per cent."

Henry Choo Chong, CGA, can be reached at choochonghcg@yahoo.ca.

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The Tampa Bay Lightning elevated Rick Tocchet to head coach on a full-time basis yesterday by agreeing on a multi-year contract. Tocchet, who had been hired as an assistant last offseason, took over in Tampa on an interim basis just 16 games into the 2008-09 season after the abrupt firing of Barry Melrose. **METRO NEWS SERVICES**

Sports

SPORTS@METRONews.ca

Raptors ink Triano to three years

BASKETBALL The Toronto Raptors removed Jay Triano's interim tag and signed their new head coach to a three-year contract yesterday.

Triano, the first Canadian to coach in the NBA, was handed the reins when Sam Mitchell was dismissed on December 3, 2008. Triano had served as an assistant to Mitchell and was in his seventh season as a member of the Raptors' coaching staff. He is the seventh head coach in franchise history.

Financial terms of the contract were not disclosed.

"Despite some difficult circumstances this past season, Jay Triano never stopped coaching, teaching and leading this team, which resulted-

ed in a very strong finish," said Raptors president and general manager Bryan Colangelo. "After undertaking a thorough evaluation process, it is clear that Jay is the right coach to guide this team in the future."

Toronto ended this past season on a high note, going 9-4 in its final 13 outings. The Raptors were 12-15 after the All-Star break with Triano compiling a 25-40 record overall.

METRO NEWS SERVICES



Raptors coach Jay Triano

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Caps take OT thriller

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NHL RESULTS
Caps 5 Pens 4 (OT)



David Steckel's goal 6:22 into overtime lifted the Washington Capitals over the Pittsburgh Penguins 5-4 in Game 6 of a stellar Eastern Conference semifinal series from Mellon Arena last night.

From below the right circle, Brooks Laich lofted a shot towards the net which clipped the edge of Steckel's stick and dipped past Marc-Andre Fleury for the game-winner.

Viktor Kozlov tallied twice for the Capitals, whose win forced a deciding Game 7 at Verizon Center in America's capi-



Washington's Jay Beagle is stopped by Pittsburgh goalie Marc-Andre Fleury as Mark Eaton helps out during Game 6 of their Eastern Conference semifinal last night.

tal tomorrow.

Alexander Semin added a goal and one assist while Tomas Fleischmann also lit the lamp for the Caps, who

face an ultimate game in a best-of-seven series for the third time in franchise history against the Penguins.

METRO NEWS SERVICES

For a recap of the Vancouver/Chicago game, visit:
metronews.ca/sports

Sports in brief

BASKETBALL The Golden State Warriors announced yesterday they have chosen not to renew the contract of executive vice president of basketball operations Chris Mullin. In a related move, the Warriors named Larry Riley as general manager.

SOCCER Newcastle United grabbed a Premier League lifeline yesterday when late goals by substitutes Obafemi Martins and Peter Lovenkrands secured a 3-1 home win over fellow relegation strugglers Middlesbrough.

HOCKEY The NHL has fined Carolina Hurricanes forward Scott Walker \$2,500 for his unprovoked punch to the face of Boston Bruins defenceman Aaron Ward late in Sunday's Game 5 of the Eastern Conference semifinals.

METRO NEWS SERVICES

Blue Jays to face toughest test yet

MLB PREVIEW

New York at Toronto



BASEBALL And now for a quiet three days with the New York Yankees.

Not. If anything, this series — opening tonight with Roy Halladay facing former Blue Jay A.J. Burnett — sets up as a measuring stick of the Jays' early-season success.

It may also be one of the most anticipated and meaningful early-season series the Jays have played in recent memory. Toronto sits at the top of the American League East, no one's pick out of spring training for that kind of success.

Some critics say the Jays have benefited from a soft schedule to open the season. The 22-12 club has played only three games against a divisional opponent (Baltimore).

The Jays' first-place worthiness is expected to be tested beginning today.

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Allergy season is here

BRIAN COULTON
for Metro Canada

With spring in full swing, the sun marks the start of patio season for some but allergy season for many others.

Between 20 and 30 per cent of Canadians have a genetic predisposition to developing an allergic disease, according to Dr. Peter Vadas, director of the Allergy and Clinical Immunology division at St. Michael's Hospital in Toronto.

"For those who grow up in a certain part of the world — if they've grown up in southern Ontario, for example — they'll typically start to develop their allergies in late childhood into early teen years," said Vadas. "They typically intensify over their teenage

years, into the young adult years, and then stabilize."

Tree pollens in early spring, grass pollens in late spring and outdoor molds on damp, humid days are the most common kinds of spring-specific allergies, said Vadas. But he contends running noses and watery eyes shouldn't stop allergy sufferers from enjoying spring weather.

"We all want to be outdoors in the nice weather," said Vadas. "If people keep their doors and windows closed during the pollen season and run the fan on the air conditioner — not necessarily the compressor if it's cooler — then that will help to clean the air as it's being pulled indoors."

If such pollen prevention doesn't work, Vadas recommends over-the-counter an-

"Caffeine stimulates histamine in the body and histamine is what gives the swelling of the allergic reaction."

Eloise O'Ball, registered holistic allergist

tihistamines bearing a "non-drowsy" label to treat allergies. While more expensive, he said they have fewer side effects than "drowsy" ones.

"If a person's symptoms don't respond well to antihistamines, then they can consult a physician and try prescription eye drops and nose sprays, which also work very well," he said.

But chemical drugs only cover up problems rather than solve them, according to registered holistic allergist Eloise O'Ball of Vancouver's Pacific Allergy & Wellness. She said natural methods like needle-less biofeed-

back testing that uses a machine to open the body's "meridians" to clear allergen blockages alternatively gets to the root of problems by responding to the body's "innate wisdom."

"I see many people and they're breathing easier, eating the foods that used to bother them and their rashes clear up," she said. "Many symptoms just seem to fall by the wayside once their immune system has been freed of whatever allergen it is."

But if you can't consult a holistic practice, O'Ball said consuming less caffeine products like coffee, tea



Between 20 and 30 per cent of Canadians have a genetic predisposition to developing an allergic disease.

and chocolate can help prevent spring allergies.

"Caffeine stimulates histamine in the body and histamine is what gives the

swelling of the allergic reaction. By decreasing your caffeine level, you will decrease one of the areas of the allergic response."

Cleaning tips to breathe easy

CELIA MILNE
for Metro Canada

Do you realize that cleaning your home could cause asthma and allergies?

According to the Asthma Society of Canada, chemical fumes from air fresheners and cleaning products are among the most common allergens in the home — along with dust mites, mold and pet dander. Perfume and hair spray are also possible allergens.

With May being Asthma and Allergy Awareness month, Dyson microbiologists have teamed up with the Asthma Society of Canada to raise awareness of cleaning methods that reduce asthma and allergies.

Here are a few cleaning tips for reducing asthma and allergies. These are developed by Lorene Tortolo, who runs KeepingHouse, an eco-friendly cleaning company in Toronto, as well as experts at Dyson and the Asthma Society of Canada:

- Avoid commercial air fresheners, as they release chemicals into the air. You can create your own air freshener by adding 10 drops of your favourite es-



Reduce asthma and allergy reactions by employing eco-friendly cleaning methods like using vinegar as a disinfectant and baking soda as an odour-absorber.

sential oil to water in a spray bottle.

- Toilet cleaners contain strong chemicals such as chlorine and hydrochloric acid. For a safer cleaner, use undiluted vinegar. Or, believe it or not, you can pour a can of soda pop into your toilet to bubble away grunge.

- Vinegar is a great cleaning product and a natural disinfectant. If you don't like the smell of vinegar, you can dull it down using a few squeezes of lemon or a few drops of your favourite essential oil.

- Baking soda is a natural odour-absorber. To scrub dirt and stains and reduce odours, use a microfibre cloth with a mixture of baking soda and water.

- To keep out pollen, have everyone who enters your home remove their shoes at the door.

- Vacuum all carpets and even curtains and your bath mat regularly. If someone in your household has allergies or asthma, you might consider investing in a Dyson vacuum, as they are specifically designed to reduce allergens.

Bee-ware

These tips will help you avoid painful and, for some, potentially life-threatening, insect attacks.

- Keep your shoes on. Honeybees are attracted to the clover that grows on lawns and fields.
- Don't rely on repellents. They might keep away those pesky mosquitoes and blackflies, but most are ineffective against flying, stinging insects.
- Don't attempt to swat or "shoo" away bees. It's best to gently brush them away or — better yet — be patient and let them fly off when they are ready.
- Watch your pop can. All types of insects love sugary beverages and will climb right into the tin, box or glass to enjoy them.
- Use tight lids on garbage cans, which are wasp magnets.
- Avoid sweet-smelling hairspray, deodorant or perfume.
- Don't wear bright clothing, especially articles that include a floral pattern.

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The art of seduction

Documentary looks at men's pick-up techniques

It must have been so much easier when a guy could just grab the gal he wanted and drag her by the hair to his cave.

OK, so that whole dragging a woman by her hair business is a myth, supposedly created by authors of prehistoric fiction in the 19th century. But there's a

reason it caught on, no doubt, in part, because seducing women is about as easy for most guys as knowing what she really means when she says "I'm fine."

How else do you explain the rise of "the seduction community," men who gather in "lairs" to learn how to use social psychology, hypnosis and mind-control techniques to pick up women, a phenomenon explored in *The Seducers*, airing tonight on Vision TV.

The documentary by Albert Nerenberg and Shannon Brown (creators of the award-winning documentary *Stupidity*) is a disturbing look at how this movement preys on AFCs or Average Frustrated Chumps, a term coined by Ross Jeffries, one of a handful of famous pick-up artists who teach what has come to be known as "The Game."

Using psychological tricks to trigger subconscious desire, embedded commands to steer a woman's mind into thinking erotic thoughts,



The Seducers, airing tonight on Vision TV, explores the social psychology, hypnosis and mind-control techniques a "seduction community" of men employs to pick up women.

Explore your options



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The J Spot

Josey Vogels

metronews.ca/thejspot

"weasel" words with a double entendre, such as saying something like: "I'd like to take this conversation in a 'new direction.'" Repeat that last bit in your head slurring the last two words together. Get it?

It's pretty sleazy stuff but these guys insist it works.

Sometimes a little too well.

Kai, formerly shy, insecure and awkward with women, admits in the documentary that once he perfected the technique, it became addictive. So addictive that he says it was twice as hard to get out of the "community" than it was to get into. He lost sight of what was real and struggled to learn how to be his genuine self again.

Stephane also got out of the game but had to relearn how to trust that love could be real and not just trickery and psychological manipulation.

We all want to be se-

duced. But no one likes to be conned. And using trickery and gimmicks to pick up women is pathetic and sad.

Frankly, compared to what these guys are teaching men, getting dragged by the hair into a cave sounds downright pleasant.

The Seducers airs tonight at 10:30 p.m. EST on Vision TV.

• Weigh in on Josey's new blog *Sexcetera* at metronews.ca/toronto/blogs

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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INJURIES TO CHILDREN'S TEETH

As conscientious parents, we are always concerned about protecting the health and well-being of our children. Regular trips to both your dentist and your medical doctor are recognized by most parents as vital to ensure the healthy development of our kids.

But we all know that, no matter how many precautions we take, we cannot protect our children from every possible accident. All we can hope to do is reduce the likelihood of such an accident and/or reduce the potential for damage should an accident happen.

One of the most important things you can do with small children is ensure your house has been child-proofed. Approximately 25% of all toddlers between the ages of 2 and 4 years will sustain a dental injury. You need to make sure your home is a safe environment so you can reduce the likelihood of your child falling into that category.

Most parents think of removing obvious dangers, such as furniture with sharp edges or tables with tops that are unstable if climbed upon – and we know how kids love to climb! These are important steps, but so too are the simple



Dr. Wayne Perron
Dental Surgeon

day-to-day tasks such as reducing floor clutter.

Children love to run and they can get to their top speed in no time. However, they often lack the coordination to properly protect themselves if they fall. Toys left in high traffic areas or near steps can be particularly dangerous. An unfortunate fall over such a toy while running can easily lead to a chipped or broken tooth, or even knock a tooth below the gumline.

Although your toddler will not have any permanent teeth yet, an injury to the primary teeth can affect how those permanent teeth develop. Problems with crowding or spacing can arise and this can lead to orthodontic problems in the

future. So protecting your toddler's teeth today can prevent significant problems later.

And getting them out of their toddler years does not mean you are out of the woods, particularly if you are dealing with young boys. Due to the fact that boys are still more likely to play contact sports or engage in other higher risk activities, such as skateboarding, boys are more likely to sustain dental injuries than girls.

The key to reducing such injuries while engaging in these activities is protective gear such as helmets and mouthguards. It is vital that protective gear be properly fitted to maximize the protection. Doing so will not eliminate all dental injuries, but it can reduce the severity of many of them.

It may not be easy to convince our children to take the steps necessary to protect their teeth. All you can do is educate them on the best techniques. Feel free to ask your dentist for suggestions in this regard. Because helping to protect your child's teeth is a healthy habit...and healthier habits lead to healthier lives.

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CONVERGYS

Office star gets a promotion

NBC has given Mindy Kaling (a.k.a. The Office's Kelly Kapoor) her own show. Kaling has signed a two-year, seven-figure deal to continue writing, producing and starring in The Office, while she'll also develop a new show for the network, in which she will probably star. **TVGUIDE.COM**

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

The Vatican rebuilt

Landmarks replicated on L.A. soundstage for Angels & Demons

RICHARD CROUSE
for Metro Canada

While sitting atop the Castel Saint Angelo in Rome waiting to interview Angels & Demons star Ewan McGregor, I had a panoramic view of the city and the beautiful chaos that makes life in the Eternal City tick.

The traffic is crazy and there are people everywhere. It's an intense place, even more so, I imagined, if you were shooting a big budget Hollywood picture that takes place in some of the city's busiest spots.

"The funny thing is I didn't shoot any of it in Rome," McGregor said

when asked. "I shot in this place called Caserta. There's a palace in Caserta that I thought it sounded really romantic, so I arranged for my wife to come over and spend a weekend with me, but it's a dump, a horrible place. I'm sorry but it's just a suburb of Naples that's exploded around this old palace. It's really nasty. Not a good place.

"Apart from that I did most of my stuff in L.A. because my character is mainly inside the Vatican and of course, the Vatican didn't want us to shoot inside their buildings so they built the Sistine Chapel on the Sony soundstages in L.A. They also built the exterior of St. Peter's Square,

Movie feature

this huge, huge set, in the parking lot of Hollywood Park Racetrack in south L.A. That was cool. I saw it from an airplane. I was landing at LAX and I looked down and thought, 'God, that's a big set... look at that.' Then I realized it was ours."

Despite never having stepped foot in an actual church during the shoot, McGregor convincingly pulls off the roll of Camerlengo Patrick McKenna, a priest who acts as the pope's right hand man in the film adaptation of Dan Brown's novel.

"We had a priest from New Jersey who came over and was our religious advi-

Coming to theatres

- Angels & Demons opens Canada-wide on Friday.

sor for any of the technical things," McGregor said, "the ceremonies and the ritual stuff. But he also gave us a kind of idea of what would be going on behind the scenes during those ceremonies and humanized it for us.

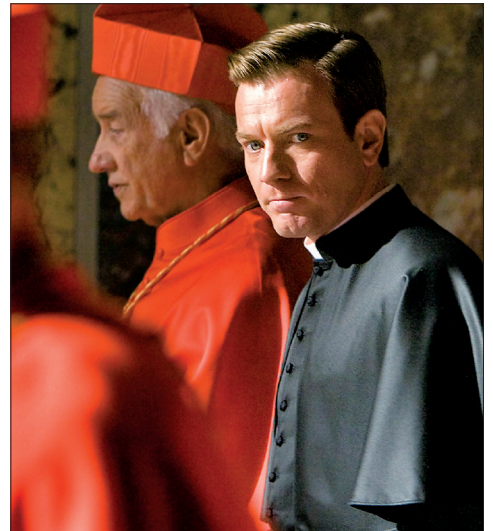
"It looks so precise from the congregation's point of view but in actual fact behind the table there is a guy with matches trying to light the incense. He put that into it for me which was great."

The training paid off, he says, at least superficially.



Strange case

Keanu Reeves is to take on the lead role in new movie Jekyll. The Speed actor will star in the big-screen adaptation of the classic book The Strange Case of Dr. Jekyll and Mr. Hyde. **FEMALEFIRST.CO.UK**



Ewan McGregor plays Camerlengo Patrick McKenna, a priest who acts as the pope's right hand man in Angels & Demons.

"I didn't get to understand the meaning of all the ceremonies; why everything is in a certain

order, but I did learn enough to look like I knew what I was doing, hopefully."

Star Trek a rare hit among TV adaptations

MOVIES Forget all those bad "boldly going" puns.

The real headline in the Star Trek take of nearly \$77 million US at the North American box office this weekend is this not insignificant fact: A television property has again been successfully revived on the big screen.

It may at first not seem like such a surprise given how much coin these built-in brands seem to rake in, but it's been a while. Outside of Charlie's Angels and Mission: Impossible, big-screen revivals of classic television shows could pretty much be counted on to generate all the excitement of a TV Land marathon. **REUTERS**

Kenya's Style

Kenya Hunt

Read Kenya's blog at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
5/12/09	265	353	2	TVO	Undersea Exp.	Parks	The Agenda With Steve Paikin	East West 101		Around the World		Agenda-Paikin
	211	331	3	ETV	ET Canada	Entertainment	NCIS "Semper Fidelis"	90210 "Zero Tolerance"		Durham County		News
	-	-	5	SRC	Des squelettes	Tout	Beautés désempées (SC)	Les Galas 2007 du Festival		Le Téléjournal et Les Nou		La Zone
	209	342	6	CHRO	Instant Star	TMZ (N)	Reaper (HDTV) (N)	Dancing With the Stars		(10:02) Without a Trace (N)		Comedy Now
	196	311	7	CTV	Hollywood	etalk	American Idol	(9:04) Fringe (N)		Law & Order: SVU		News (N)
	208	303	8	CBC	TBA	TBA	To Be Announced	To Be Announced		CBC News: The National		The Hour
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	The Biggest Loser (Season Finale)	(Live)				News (N)
	117	713	10	TVA	Qui perd gagne (N) (SC)	La Fievre de la danse (SC)	Nos étés (Partie 7 de 8)			TVA 22 heures	(10:45) Denis Lévesque	
	-	-	11	QS	Loft Story	Suite 309	Lipstick Jungle Pianiste (SC)	Pushing Daisies (SC)		Cent dix pour cent (SC)		Loft Story
	137	763	12	TFO	Panorama	Dr. Phil (HDTV)	Dr. Phil (HDTV)	Les Temps qui changent ** (2004, Drame sentimental)		(10:01) Without a Trace (N)		Tournants
news	-	362	13	CBS	Dr. Phil (HDTV)	NCIS "Semper Fidelis"	News (N)	News (N)		Two/Half Men		Cold Case
	216	395	14	OMN2	Raymond	Raymond	News (N)	News (N)		Curb-Enthsm		News (N)
	214	344	15	CITY	Law & Order: SVU	According-Jim	According-Jim	Rita Rocks	Friends	The Simpsons		Friends of the Hill
	115	343	16	CFMT	2Half Men	The Simpsons	News (N)	News (N)		The Simpsons		News (N)
	218	345	18	ABC	The Insider (N)	El News	The Biggest Loser (Season Finale)	(Live)				News (N)
	-	361	20	ET	News (N)	Entertainment	According-Jim	According-Jim	Dancing With the Stars	(10:02) Cupid (N)		News (N)
	512	396	24	CPAC	La Période de questions	Heure polit.	Heure polit.	100 Huntley Street		Life Today	Revue	Période-quest.
	651	355	25	CTS	Happy Days	Laverne	Michael Coren Show	(9:04) Fringe (N)		News (N)	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	American Idol	Frontline (N) (DVS)		Fighting for Life *** (2008, Documentary)		News
	-	64	PBS	Business Rpt.	Primal Grill	Primal Grill	Nova (HDTV) (DVS)	(9:04) Fringe (N)		Law & Order: SVU		News (N)
sports	205	312	104	CTV	Hollywood	etalk	American Idol	CBC News: The National		CBC News: The National		BC Votes (Live)
	500	500	33	CNN	Lou Dobbs Tonight	Campbell Brown: No Bias	Larry King Live (N)	Sportsnet Con.		Sportsnet Con.		Hockey Central
	406	417	27	net	MLB Baseball New York Yankees at Toronto Blue Jays	From Rogers Centre in Toronto		Le Téléjournal (SC)		RDI en direct		Le Téléjournal
	128	730	28	RDI	24 Heures en 60 minutes	Grands reportages (SC)		NHL Hockey: Conf. Semifinal		Le National		Le Téléjournal
	400	280	30	TSN	NHL Hockey: Eastern Conference Semifinal Game 6 - Bruins at Hurricanes			SportsCentre		NHL Hockey: Conf. Semifinal		Hockey Talk
	410	404	52	SCR	Cabby Unlimit	NBA Basketball Teams to Be Announced (Live)		Mantracker		Bounty Hunter		Departures
	411	457	56	OLN	Bounty Hunter	Pass Time	Countdown to All-Star (N)	My All Star	My All Star	My All Star		Pimp My Ride
	417	406	59	SC	Pimp My Ride	Pass Time	Countdown to All-Star (N)	My All Star	My All Star	My All Star		Moral Ore
	554	544	48	TEL	Totally Spies	Total Drama	6TEEN	6TEEN	American Dad	Robot Chicken	American Dad	Moral Ore
	567	540	51	FAM	Wizards-Place	Han, Montana	Zack & Cody	Latest Buzz	Wizards-Place	Ned's School	Cory in House	Zack & Cody
family	551	542	65	YTV	Survive This	Survive This	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach (DVS)	Mystery Hnt.
	570	580	29	MTV	The Daily Fix	Ranked!	Hogan Knows	Hogan Knows	Entourage	Gene Simmons	The Daily Fix	The Daily Fix
	615	520	31	A&E	CSI: Miami "Dead Air"	The First 48 "Memphis"	The First 48 (HDTV)	The First 48 (HDTV)		The First 48 "Hard Fall"		Manhunters
	628	584	32	SPKE	CSI: Crime Scene Investgn.	CSI: Crime Scene Investgn.	Deadliest Warrior (HDTV)	Deadliest Warrior (HDTV)		Deadliest Warrior (HDTV) (N)		Ult. Fighter
	521	560	34	TLC	World's Smartest People	The World's Smartest People	18 Kids-Count	18 Kids-Count		Oldest Conjoined Twins		Smart People
	145	761	35	TVS	Survive	Pekin express: la route des Incas				J'y suis, j'y		Journal TVS
	616	521	39	SHO	The Outer Limits	Mutant X	The Last Templar * (2009, Adventure)			Mira Sorvino		House
	620	523	40	BVO	SABIAN: The Cymbal Makers	Live at the Rehearsal Hall	A Song for Africa AIDS (N)			Diana Krall: Union Station		Law & Order
	520	505	42	DIS	Daily Planet (N)	How It's Made	How It's Made	Destroyed	One Way Out	Deadliest Catch (N)		Daily Planet
	575	583	43	CMT	Cross Canada Countdown	Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Brooks & Dunn
cable variety	601	562	45	SLC	Skin Deep	Til Debt-Part	Rich Poor	Rich Poor	Rich Bride, Poor Bride	Rich Bride, Poor Bride		ET Canada
	625	548	46	COM	Air Force	Just for Laughs	House-Payne	House-Payne	House-Payne	House-Payne		Daily Show
	294	529	47	TBS	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne		Seinfeld
	600	564	49	H&G	House Hunters	Property Virgin	HGTV's Top 10	Dirty Business	SarahCottage	Design Inc.		Holmes-Homes
	627	528	50	SPC	Stargate Atlantis	(DVS)	Star Trek: Voyager	Star Trek: Voyager	Woodwork	Extreme Ghost Stories		Stargate SG-1
	581	566	53	MTV	Room Raiders	After	Canada's Next Top Model	Beatdown	College Life	College Life	Beatdown	MTV Live
	618	524	54	TROP	Vanity Insanity	Tube Tales	Seinfeld	Seinfeld	Seinfeld	Family Guy	Married... With	Seinfeld
	522	506	55	HIS	NCIS "Ex-File"	Sandhogs	Crime Stories	Crime Stories		NCIS "Ex-File"		Marine Mach.
	129	773	60	CD	Biographies	99 histoires de...	Images-chocs	Images-chocs		NCIS "Ex-File"		Mayday
	261	394	61	V	Murder, She Wrote	Watchtower	On the Buses	Quantum Leap		I Prophecy	Supernatural	Pottergeist
cable variety	602	567	62	W	Will & Grace	Friends	Remedy Me	Keep Real	Style by Jury	Style by Jury		Maxed Out
	269	530	70	APTN	Wings-Canada	Storytellers	Wapos Bay	Cashing In	Fish Out	Mixed Blessing		Moccasin Flats
	621	527	71	TLK	The Ellen DeGeneres Show (N)	TMZ (N)	etalk	Pretty Wicked		The Tonight Show-Jay Leno		TMZ
	603	561	95	FN	Chef at Home	French Food	Restaurant Makeover	The F Word		Good Eats		Iron Chef Am.

critics'corner

Torchwood

Owen, resurrected from the dead but not really alive, meets a suicidal woman on the roof of an apartment building. In flashbacks, he tells her of helping the team investigate some odd energy spikes coming from a home and retrieving an alien device called the Pulse, which is about to explode in "A Day in the Death." 9 PM on 50 SPC



NCIS

A security breach at the Sec-Nav's residence during a secret meeting results in the death of an ICE agent, forcing Gibbs and his team to work with ICE and the FBI to find the killer. Tony finally comes face to face with Michael Rivkin in the new episode "Semper Fidelis." 8 PM on 13 CBS 3 GTV

Fringe

A person with close ties to the Fringe Division is attacked suddenly and unexpectedly. David Robert Jones (guest star Jared Harris) returns, while Walter inexplicably disappears in the season finale, "There's More Than One of Everything." 9:04 PM on 7 CTV 36 FOX 104 CTV



Sandra Bullock isn't sure she and husband Jesse James will have kids. "You don't have to give birth to someone to have a family. I'm not going to spend two seconds of my life wishing I had something I don't," she tells Harper's Bazaar. **USMAGAZINE.COM**

No babies for Bullock

Celebrity Buzz

Farrah opens up about cancer

REFLECTION One thing Farrah Fawcett would have appreciated during the course of her very public battle with cancer: Privacy. But that is the one thing she never received, people.com reports.

"It's much easier to go through something and deal with it without being under a microscope," says the terminally ill star, 62. "It was stressful. I was terrified of getting the chemo. It's not pleasant. And the radiation is not pleasant."

Speaking to a reporter

for the first time since she was diagnosed with anal cancer in September 2006, the actress granted an interview to Charles Ornstein, formerly of the Los Angeles Times, which will be published Monday, in anticipation of Farrah's Story, a two-hour NBC documentary Fawcett filmed with her friend Alana Stewart.

It airs this Friday.

Her harshest words were saved for the oft-exaggerated stories about her illness that were published by a supermarket tabloid, a situation that caused her, she says, to establish a sting operation at

the UCLA Medical Center to catch snooping employees who were leaking information about her condition to the publication.

Reacting to a December 2006 story headlined, Farrah Begs: 'Let Me Die,' Fawcett, speaking in her home, told the Times: "God, I would never say something like that. To think that people who did look up to me and felt positive because I was going through it too and yet I was strong ... it just negated all that."

METRO NEWS SERVICES



Did Susan say no to Obama?

SHE'LL REGRET THAT Britain's Got Talent phenomenon Susan Boyle is getting so famous so fast that she's even had to turn down some pretty impressive invitations.

According to the News of the World, U.S. President Barack Obama reportedly invited Boyle to attend a dinner at the White House, but she refused. "She was shocked

and thrilled by the invite, but it was all too much too soon for her so she said, 'No.' She has been told

President Obama has seen clips of her on TV and loved her singing. And she is delighted," a source tells the newspaper.

"Instead she'll have no doubt stayed in with her cat Pebbles."

METRO WORLD NEWS



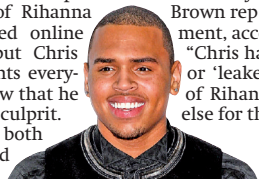
Chris denies leaking alleged nudes

BELIEVABLE? Naked photos of Rihanna were leaked online recently, but Chris Brown wants everyone to know that he wasn't the culprit.

"This is both a false and

defamatory statement," a Brown rep said in a statement, according to TMZ. "Chris has not released or 'leaked' any photos of Rihanna (or anyone else for that matter)."

METRO WORLD NEWS



Kiefer breaks weeklong silence

TALKING BACK After a week of silence, Kiefer Sutherland's lawyer released a statement yesterday, asserting the actor was not to blame for allegedly head-butting a fashion designer, people.com reports.

"We are troubled by the untruthful and self-serving information circulating regarding Kiefer Sutherland and events of last Monday evening," lawyer Michael C. Miller said.

"We are confident, however, that the in-

vestigation being conducted by the Manhattan District Attorney's Office and the NYPD will confirm that Kiefer Sutherland was neither the instigator nor a wrongdoer in this incident."

The statement noted that "out of respect for this

law enforcement process," the actor "will not be making any comment."

The statement didn't specify what information Sutherland's attorney considered untruthful. But the alleged victim, Jack McCollough, has spoken out several times, saying he has a broken nose and required surgery.

McCollough's rep said the designer "was the victim of a vicious, violent, unprovoked assault" by Sutherland, 42, who was charged with third-degree assault in connection with the incident. He will be arraigned June 22 at Manhattan Criminal Court.

METRO NEWS SERVICES



Boy George to be freed early?

LIGHT PUNISHMENT Eighties singer Boy George is reportedly set to leave jail after just four months of his 15-month sentence for chaining a male escort at his London apartment in April 2007, femalefirst.co.uk reports.

The former Culture Club frontman — real name George O'Dowd — impressed authorities at Edmunds Hill jail in

Suffolk, England with his good behaviour, and is said to have been approved for release.

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Lopez baby has medical scare

MOM'S WORST FEAR Jennifer Lopez feared her daughter Emme was seriously ill, femalefirst.co.uk reports.

The star — who raises 15-month-old twins Max and Emme with her husband Marc Anthony — was terrified after discovering a lump on her daughter's head when she was just three weeks old.

She told E!:



"I just remember my heart sinking to my feet. I looked at Marc and I said, 'You know if anything happens, I'm not going to be OK, you know that right?'"

Though Emme turned out fine, the incident made Lopez think of those less fortunate: "What if I couldn't afford a doctor, or receive the medicines, the procedures?"

METRO NEWS SERVICES

Injured Casey back at it

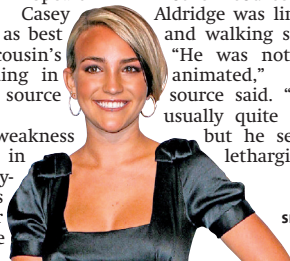
BOUNCING BACK Less than two weeks after being thrown from his pickup after a late-night bachelor party, Jamie Lynn Spears' boyfriend, Casey Aldridge, stood as best man at his cousin's weekend wedding in Mississippi, a source tells People.

"He had the weakness of having been in bed and still trying to get his feet under him," the source

says. "It was outside, it was hot, but he did okay. It's just going to take him a few weeks to get better."

Another source says Aldridge was limping and walking slowly. "He was not very animated," the source said. "He is usually quite lively, but he seemed lethargic."

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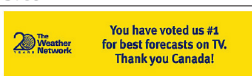


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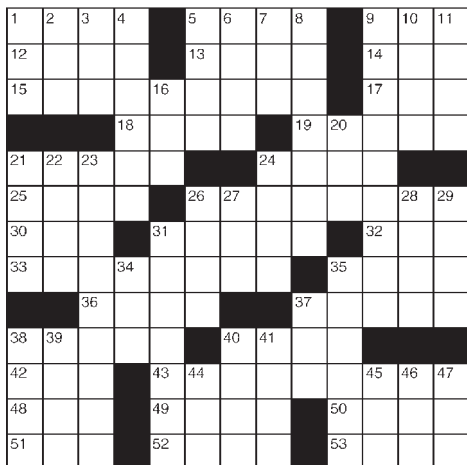
metro

DON'T miss Green Day July 17th at Scotiabank Place!



For more delicious Metro recipes, visit: metronews.ca/food

Take Five



Crossword across

- 1 "Family —"
- 5 Revlon rival
- 9 Scoundrel
- 12 Relaxation
- 13 Diner's card
- 14 Wish otherwise
- 15 Grouped together
- 17 Coulter or Curry
- 18 Nevada city
- 19 Vile
- 21 Eco-friendly
- 24 Unuttered "alas"
- 25 Incense
- 26 Encased, in a way
- 30 Hockey venue
- 31 Picture puzzle
- 32 Geologic period
- 33 Sank, as a billiard ball
- 35 "Hey, you!"
- 36 Twitches
- 37 Starbucks order
- 38 God
- 40 Harbour structure
- 42 U.N. workers' grp.
- 43 Played a bat-and-ball game
- 48 Chap
- 49 Welsh vegetable
- 50 Protuberance
- 51 Type measures
- 52 Vortex
- 53 Animated figure

Crossword down

- 1 Shortest of the 12 (Abbr.)
- 2 Corn spike
- 3 "Born in the —"
- 4 Edict
- 5 Congregation's cry
- 6 Kill a bill
- 7 Inseparable
- 8 Pests
- 9 It often involves a dummy
- 10 One of the kin
- 11 Say it isn't so
- 16 Understanding
- 20 Census statistic
- 21 Stagehand
- 22 Puerto —
- 23 November events
- 24 Missile type
- 26 "West Side Story" gang
- 27 Honest politician?
- 28 Formerly, formerly
- 29 Appointment
- 31 Honour Earth Day, in a way
- 34 DIY buy
- 35 Progenitor
- 37 Albanian money
- 38 It ain't worth a nickel
- 39 Verve
- 40 Multicolored
- 41 Gross
- 44 Roulette bet
- 45 Additionally
- 46 Tokyo's old name
- 47 Lair

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



1	4	6	8	2	7	3	5	9
9	8	3	6	5	1	2	4	7
7	5	2	3	4	9	6	1	8
6	7	4	5	9	2	8	3	1
5	2	9	1	3	8	4	7	6
3	1	8	7	6	4	9	2	5
8	3	7	2	1	6	5	9	4
4	6	5	9	7	3	1	8	2
2	9	1	4	8	5	7	6	3

Find today's answers + play more games at metronews.ca

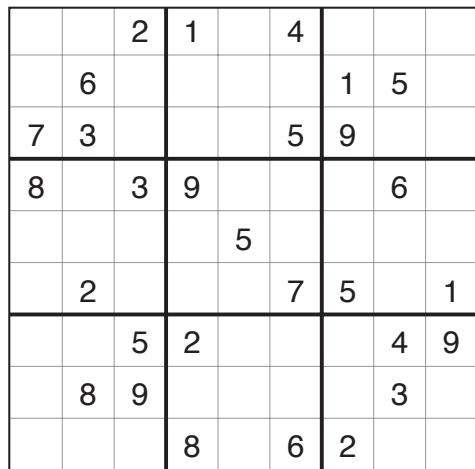
SUDOKU SOLVE TIME:

- Under 13 minGenius
13-17 minScholar
17-21 minSmart
21-25 minNot bad
25+ minKeep practising

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



Metro Recipe of the Day



Nutty Spinach and Mushroom Frittata

INGREDIENTS:
1 pack (250 g) young spinach leaves
Small bunch of fresh parsley
2 tbsp (25 ml) olive oil
1 small onion
3/4 lb (335 g) small button mushrooms
3/4 cup (175 ml) roasted cashew nuts
5 medium eggs
Salt and black pepper
3 oz (85 g) Parmesan cheese

METHOD:

1. Preheat broiler to high. Rinse and dry spinach and parsley; chop enough parsley for 2 tbsp (25 ml); set aside.
2. Heat oil in large frying pan. Halve, peel and finely chop onion. Fry over moderate heat, stirring, until soft, 3-4 minutes.
3. Clean and quarter mushrooms; add to chopped onion and fry, stirring frequently, 3-4

minutes.

4. Add spinach and cook over fairly high heat, stirring frequently, until leaves have wilted and excess liquid has evaporated, 3 to 4 minutes. Stir in cashews and reduce heat to low.
5. Break eggs into bowl. Add 2 tbsp (25 ml) cold water and chopped parsley. Add seasoning and beat together.
6. Pour egg mixture into spinach. Cook 5 minutes until egg is just set and golden underneath, lifting edges to let uncooked egg run underneath.
7. Grate cheese, sprinkle over top and broil 2-3 minutes, until frittata is golden.

SERVES 4



Horoscopes by Sally Brompton

sallybrompton.com

ARIES
MARCH 21-APRIL 20
A bit of teamwork now will bring huge dividends later, so put any personal animosities behind you and work together for the good of the cause.



TAURUS
APRIL 21-MAY 21
You may encounter an unexpected and unwelcome setback today but there is no need to worry because you will be up and running again in no time.



LIBRA
SEPT 23-OCT 23
Whether you feel good or bad about what you have to say is less important than ensuring others know you're being open about emotions and ambitions.



SCORPIO
OCT 24-NOV 22
You need to stop thinking in terms of winning and losing. Life is not a zero sum game: someone else does not have to lose just so that you can win.



GEMINI
MAY 22-JUNE 21
It's great you believe in yourself, but your reputation could suffer today if you make out like you can accomplish something that proves too much.



SAGITTARIUS
NOV 23-DEC 21
It's not like you to be modest about achievements but you seem to be keeping a low profile about a particular triumph; you won't be in the shadows long.



CANCER
JUNE 22-JULY 22
If you want to move up in the world you'll have to start working more closely with people who can help turn your vague ambitions into realities.



CAPRICORN
DEC 22-JAN 20
Don't be afraid to push a bit harder today, especially if you took it easy yesterday. And don't hesitate to demand more from those you live and work with.



LEO
JULY 23-AUG 23
Everything seems to be coming easy to you at the moment and that could become a problem if you find it hard to motivate yourself.



AQUARIUS
JAN 21-FEB 18
There are so many distractions in your life now you could lose sight of your number one aim. Have fun, but make sure you're moving toward your goal.



VIRGO
AUG 24-SEPT 22
Sweep away everything that's gone before and start again. You've accumulated a lot of baggage over the past year; it will feel good to get rid of it.



PISCES
FEB 19-MARCH 20
The more others pressure you to make a quick decision about something today the more you must insist on thinking it through. Will it benefit you?



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